NAME _____

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Chart																																										
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Description of Discharge: Sensation / Appearance																																										
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Use the following Charting Symbols:

●	red	Bleeding
●●	red	Spotting
I	green	Dry. See nothing, feel nothing ALL day
O		Sensation : (at the vulva) dry, damp, moist, sticky, wet, : slippery, lubricative or flowing feeling Appearance : lumpy, pasty, cloudy, clear, transparent, stringy mucus
=	yellow	Unchanging discharge before Peak or any discharge after Peak (If the unchanging discharge is recognised as the Basic Infertile Pattern)
O×		Peak: The **LAST** day of the slippery sensation at the vulva
1 2 3		1 2 3 days after Peak: dryness or mucus which is not wet or slippery

Charting Rules:

1 Abstain COMPLETELY for 1 month (No genital contact at all)
2 Chart at the end of the day what you *feel* and what you *see* during the day
3 Record any slippery or flowing feeling even if there is no visible mucus.
4 Do not search inside the vagina

Date	Time	NFP Centre	Instructor